



DEPARTMENT OF THE AIR FORCE

59TH MEDICAL WING (AETC)  
LACKLAND AIR FORCE BASE TEXAS

23 FEB 2016

MEMORANDUM FOR SGVT

ATTN: CAPT DANIELLE BERSABE

FROM: 59 MDW/SGVU

SUBJECT: Professional Presentation Approval

1. Your paper, entitled **Improving Diabetes Care in the Military Primary Care Clinic-Case Study Review** presented at **SAMHS and Universities Research Forum, UTSA Main Campus, San Antonio, TX May 20,2016** with MDWI 41-108, and has been assigned local file #**16090**.
2. Pertinent biographic information (name of author(s), title, etc.) has been entered into our computer file. Please advise us (by phone or mail) that your presentation was given. At that time, we will need the date (month, day and year) along with the location of your presentation. It is important to update this information so that we can provide quality support for you, your department, and the Medical Center commander. This information is used to document the scholarly activities of our professional staff and students, which is an essential component of Wilford Hall Ambulatory Surgical Center (WHASC) internship and residency programs.
3. Please know that if you are a Graduate Health Sciences Education student and your department has told you they cannot fund your publication, the 59th Clinical Research Division may pay for your basic journal publishing charges (to include costs for tables and black and white photos). We cannot pay for reprints. If you are 59 MDW staff member, we can forward your request for funds to the designated wing POC.
4. Congratulations, and thank you for your efforts and time. Your contributions are vital to the medical mission. We look forward to assisting you in your future publication/presentation efforts.

Linda Steel-Goodwin

LINDA STEEL-GOODWIN, Col, USAF, BSC  
Director, Clinical Investigations & Research Support

## PROCESSING OF PROFESSIONAL MEDICAL RESEARCH PUBLICATIONS/PRESENTATIONS

### INSTRUCTIONS

1. The author must complete page two of the 59 MDW Form 3039 (this form):
  - a) In Section 2, add the funding source for your study [e.g., 59 MDW CRD Graduate Health Sciences Education (GHSC) [SG5 O&M]; SG5 R&D; Tri-Service Nursing Research Program (TSNRP); Defense Medical Research & Development Program (DMRDP); NIH; Congressionally Directed Medical Research Program (CDMRP); Grants, etc.]
2. Print your name, rank/grade, sign and date the form in the author's signature block or use electronic signature.
3. Attach a copy of the 59th MDW IRB or IACUC approval letter for the research related study. If this is a technical publication/presentation, state the type (e.g., case report, QA/QI study, program evaluation study, informational report/briefing, etc.) in the "Protocol Title" box of the 59 MDW Form 3039.
4. Attach a copy of your abstract, paper, poster and other supporting documentation.
5. Save and forward, via email, the processing form and all supporting documentation to your Unit Commander, Program Director or immediate supervisor for review/approval.
6. On page 2, have either your Unit Commander, Program Director or immediate supervisor:
  - a) Print their name, rank/grade/title, sign and date the form in the approving authority's signature block or use electronic signature.
7. Contact the 59th CRD/Publications and Presentations Section at (292-7141) for instructions for submitting the request form.
8. The 59th CRD/Publications and Presentations Section will route the request form to clinical investigations and public affairs and forward you a final letter of approval or disapproval.
9. Once your manuscript, poster or presentation has been approved for a one-time public release, you may proceed with your publication or presentation submission activities, as stated on the 59 MDW Form 3039. **[NOTE: For each new release of medical research or technical information as a publication/presentation, a new 59 MDW Form 3039 must be submitted for review and approval.]**
10. If your manuscript is accepted for scientific publication, please contact the 59th CRD/Publications and Presentations Section (292-7141). This information is reported to the 59 MDW/CC. All medical research or technical information publications/presentations must be reported to the Defense Technical Information Center (DTIC). See 59 MDWI 41-108, *Presentation and Publication of Medical and Technical Papers* for additional information.

**NOTE:** All abstracts, papers, posters, etc., should contain the following disclaimer statement:

***"The views expressed are those of the [author(s)] [presenter(s)] and do not reflect the official views or policy of the Department of Defense or its Components."***

**NOTE:** All abstracts, papers, posters, etc., should contain the following disclaimer statement for research involving humans:

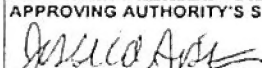
***"The voluntary, fully informed consent of the subjects used in this research was obtained as required by 32 CFR 219 and DoDI 3216.02\_AFI 40-402, Protection of Human Subjects in Biomedical and Behavioral Research ."***

**NOTE:** All abstracts, papers, posters, etc., should contain the following disclaimer statement for research involving animals, as required by AFMAN 40-401\_IP, *The Care and Use of Laboratory Animals in DoD Programs*:

***"The experiments reported herein were conducted according to the principles set forth in the National Institute of Health Publication No. 80-23, Guide for the Care and Use of Laboratory Animals and the Animal Welfare Act of 1966, as amended."***



# PROCESSING OF PROFESSIONAL MEDICAL RESEARCH/TECHNICAL PUBLICATIONS/PRESENTATIONS

TO: Clinical Research Division/SGVU (59 MDW/SGVU)		FROM: Author's Name, Rank, Grade, Office Symbol Danielle Bersabe, Capt. O-3, SGOM		PROTOCOL NUMBER: n/a	
PROTOCOL TITLE - <i>[NOTE: For each new release of medical research or technical information as a publication/presentation, a new 59 MDW Form 3039 must be submitted for review and approval.]</i>					
1. TITLE OF MATERIAL TO BE PUBLISHED OR PRESENTED Improving Diabetes Care in the Military Primary Care Clinic-Case Study Review					
2. FUNDING RECEIVED FOR THIS STUDY? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO FUNDING SOURCE: <span style="border: 1px solid black; display: inline-block; width: 200px; height: 1.2em; vertical-align: middle;"></span>					
3. IS THIS MATERIAL CLASSIFIED? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO					
4. IS THIS MATERIAL SUBJECT TO ANY LEGAL RESTRICTIONS FOR PUBLICATION OR PRESENTATION THROUGH A COLLABORATIVE RESEARCH AND DEVELOPMENT AGREEMENT (CRADA), MATERIAL TRANSFER AGREEMENT (MTA), INTELLECTUAL PROPERTY RIGHTS AGREEMENT ETC.? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO NOTE: If the answer is "YES" then attach a copy to the Agreements to the Publications/Presentations Request Form.					
5. MATERIAL IS FOR (Check appropriate box or boxes for approval with this request.) (ATTACH COPY OF MATERIAL TO BE PUBLISHED/PRESENTED) <input checked="" type="checkbox"/> DOMESTIC RELEASE <input type="checkbox"/> FOREIGN RELEASE					
<input type="checkbox"/> PUBLICATION/JOURNAL (List intended publication/Journal)					
<input type="checkbox"/> PUBLICATION ABSTRACT (List intended Journal.)					
<input checked="" type="checkbox"/> POSTER (To be demonstrated at meeting/Name of Meeting, City, State, and Date of Meeting) SAMHS and Universities Research Forum, UTSA Main Campus, San Antonio, TX, May 20, 2016					
<input checked="" type="checkbox"/> PLATFORM PRESENTATION (At civilian institutions/Name of Meeting, State, Date of Meeting) SAMHS and Universities Research Forum, UTSA Main Campus, San Antonio, TX, May 20, 2016					
<input type="checkbox"/> OTHER (Describe: Name of Meeting, City, State, and Date of Meeting)					
6. WHAT IS THE EXPECTED DATE YOUR PRESENTATION/PUBLICATION WILL BE SUBMITTED TO THE DEFENSE TECHNICAL INFORMATION CENTER (DTIC)? Feb 5, 2016					
POINT OF CONTACT					
7. WHO IS THE PRIMARY 59 MDW POINT OF CONTACT? (Last, First, MI.) (Include email) Bersabe, Danielle K danielle.bersabe.1@us.af.mil				DUTY PHONE/PAGER No. 210-513-5939 210-292-7982	
AUTHORSHIP AND CO-AUTHOR(S) (List in the order they will appear in the manuscript)					
LAST NAME, FIRST NAME AND MI.		GRADE/RANK		SQUADRON/GROUP/OFFICE SYM	
a. Primary/corresponding author Danielle Kusserow Bersabe		O-3/CAPT		MDOS/MDOG/SGOM	
b. Jana Wardian					
c.					
d.					
e.					
f.					
g.					
I CERTIFY ANY HUMAN OR ANIMAL RESEARCH RELATED STUDIES WERE APPROVED AND PERFORMED IN STRICT ACCORDANCE WITH 32 CFR 219, AFMAN 40-401, IP AND 59 MDW 41-108. I HAVE READ THE FINAL VERSION OF THE ATTACHED MATERIAL AND CERTIFY THAT IT IS AN ACCURATE MANUSCRIPT FOR PUBLICATION AND/OR PRESENTATION.					
AUTHOR'S PRINTED NAME/RANK/GRADE Danielle K Bersabe		AUTHOR'S SIGNATURE BERSABE DANIELLE KUSSEROW 11 01649914		DATE Feb 5, 2016	
APPROVING AUTHORITY'S NAME, RANK, TITLE JESSICA R. SMITH, LTC, USAF Commander, 59 MDOS		APPROVING AUTHORITY'S SIGNATURE 		DATE 11 Feb 16	

PROCESSING OF PROFESSIONAL MEDICAL RESEARCH PUBLICATIONS/PRESENTATIONS			
1st INDORSEMENT (SGVU Use Only)			
TO: Clinical Research Division (59 MDW/SGVU) (Contact 292-7141 for email instructions)	1. DATE RECEIVED <i>2/10/2016</i>	2. ASSIGNED PROCESSING REQUEST FILE NUMBER <i>16090</i>	
3. DATE REVIEWED <i>10 Feb 2016</i>		4. DATE FORWARDED TO PA	
5. AUTHOR CONTACTED FOR RECOMMENDED OR NECESSARY CHANGES <input type="checkbox"/> NO <input checked="" type="checkbox"/> YES If yes give date: <i>10 Feb 2016</i> <input type="checkbox"/> N/A			
6. COMMENTS <input checked="" type="checkbox"/> APPROVED <input type="checkbox"/> DISAPPROVED <i>The article is approved.</i>			
PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER <i>Rocky CALCOTE PhD CLINICAL RESEARCH ADMINISTRATOR</i>		DATE <i>12 Feb 2016</i>	SIGNATURE OF REVIEWER <i>Rocky Calcote</i>
2nd INDORSEMENT (PA Use Only)			
TO: 59 MDW OFFICE OF PUBLIC AFFAIRS (PA)	1. DATE RECEIVED <i>18 Feb 2016</i>	2. DATE FORWARDED TO 59 MDW/SGVU <i>22 Feb 2016</i>	
6. COMMENTS <input checked="" type="checkbox"/> APPROVED (In compliance with security and policy review directives.) <input type="checkbox"/> DISAPPROVED			
PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER <i>Christopher Carwile, TSgt/E-6, NCOIC, PA</i>		DATE <i>22 Feb 2016</i>	SIGNATURE OF REVIEWER CARWILE.CHRISTOPHE R.STEWART.128047722 9 <small>Digitally signed by CARWILE.CHRISTOPHE R.STEWART.128047722 DN: cn=CARWILE.CHRISTOPHE R.STEWART.128047722, ou=USAF, email=CARWILE.CHRISTOPHE R.STEWART.128047722 Date: 2016.02.22 14:55:49 -0500</small>
3rd INDORSEMENT (SGVU Use Only)			
TO: 59 MDW/SGVU		1. DATE RECEIVED	
2. SENIOR AUTHOR NOTIFIED BY PHONE OF APPROVAL OR DISAPPROVAL: <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> Could not be reached <input type="checkbox"/> Left message			
3. DATE WRITTEN NOTICE OF APPROVAL AND CLEARANCE MAILED TO AUTHOR: <span style="border: 1px solid black; display: inline-block; width: 150px; height: 1.2em; vertical-align: middle;"></span>			
4. COMMENTS <input type="checkbox"/> APPROVED <input type="checkbox"/> DISAPPROVED			
PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER		SIGNATURE OF REVIEWER	
DATE			



# **IMPROVING DIABETES CARE IN THE MILITARY PRIMARY CARE CLINIC: CASE STUDY REVIEW**

**Danielle Kusserow Bersabe, MD<sup>1</sup>, Jana Wardian<sup>2</sup>**

**<sup>1</sup>Internal Medicine Department, 59<sup>th</sup> MDW**

**<sup>2</sup>Diabetes Center of Excellence, 59<sup>th</sup> MDW**

There are many challenges in the management of patients with type 2 diabetes in the outpatient care setting, especially within a military clinic. Challenges for the provider include frequent changes and/or reduction of resources and staffing and lack of continuity of care. In the American Diabetes Association (ADA) Standards of Care Improving Care objectives include optimizing provider and team behavior to support patient behavior change.

This research study combines qualitative and quantitative methodology in reflectively exploring positive case studies to ascertain strategies that enabled patients to engage in self-management. Moreover, this study seeks to better understand how applying the ADA Standards of Care in a military primary care clinic would impact clinical outcomes in patients. Case studies were selected based upon poor clinical markers at baseline and those that required application of innovative and creative strategies to improve self-management. The cases are representative of some common themes within the patient with type 2 diabetes in a military primary care clinic.

In addition, part of the goal was to examine how patients responded to education and self-efficacy through a team-based approach, therefore data was extracted to measure which strategies (e.g. diabetes education, changes of medications, promotion of weight loss) affected clinical outcomes (e.g. A1C, body mass index, blood pressure). This approach was observed to require increased time initially for the development of a patient-centered relationship.

Case studies chronic patients with type 2 diabetes and associated co-morbidities demonstrating the utilization of motivational interviewing, development of patient-centered relationship, and individualization of therapies based on clinical and personal characteristics. Patients improved in A1C and other clinical markers. Interventions include changes in medication, use of non-pharmacologic therapies; proactive follow-up; education and self-management support.

These case studies take the theoretical concepts of shared decision-making, patient-centered care, and the team-based approach into applied clinical practice in the military primary care clinic. Limitations include a small patient population and findings

are not necessarily generalizable to a non-military setting. Future studies need to examine individual strategies and their long term effect.

The researcher is convinced about the value of building the patient-physician relationship as foundational to good healthcare. Furthermore, it is essential to create a team-based approach to support patient lifestyle changes that are related to better health outcomes. Therefore, reflective practice needs to become an integral part of clinical care. While the physician engages with her patients, she has learned a great deal about exemplary practice from her patients. The future of care is moving from a reactive model of care to proactive care with more focused DM2 appointments, follow-up and self-management support were demonstrated by some of these patients.

#### Learning Objectives

1. Participants will understand application of ADA Standards of Care.
2. Participants will learn how to individualize treatment plans for patients with type 2 diabetes.
3. Participants will learn strategies for supporting their patients with type 2 diabetes.

The views expressed are those of the presenter(s) and do not reflect the official views or policy of the Department of Defense or its Components.

#### Keywords

Type 2 Diabetes

Patient-centered care

Team-based approach





**DEPARTMENT OF THE AIR FORCE**  
**AIR EDUCATION AND TRAINING COMMAND**

12 February 2016

**MEMORANDUM FOR 59 MDW/SGVU**  
**ATTN: Capt Danielle Bersabe**

**FROM: 502 ISG/JA (1Lt Heather Slawson)**

**SUBJECT: Ethics Review for Presentation Approval Request**

1. **BLUF:** A request for a legal review of a poster and podium presentation titled "Improving Diabetes Care in the Military Primary Care Clinic-Case Study Review" was submitted by Capt Danielle Bersabe. Capt Bersabe plans to present this research at the SAMHS and Universities Research Forum in San Antonio, TX on 20 May 2016. The abstract included the required disclaimer. The disclaimer must also be included on the poster and in the platform presentation. A Public Affairs review will be required if it has not already been obtained. There are no conflicts of interest issues with the poster or platform presentation at this professional society meeting.

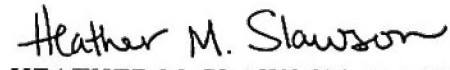
2. **FACTS:** An abstract titled "Improving Diabetes Care in the Military Primary Care Clinic-Case Study Review" was submitted for a poster and platform presentation. Capt Bersabe plans to present this research at the SAMHS and Universities Research Form at the USTA Main Campus in San Antonio, TX on 20 May 2016<sup>1</sup>.

3. **LAWS AND REGULATIONS:** DoD 5500.07-R, Joint Ethics Regulation (JER), section 3-307 lays out rules governing "Teaching, Speaking and Writing." If the presentation will "deal in significant part with any ongoing or announced policy, program or operation" of the Air Force, the presenter is required to include a disclaimer that states the "views presented are those of the speaker or author and do not necessarily represent the views of DoD or its Components."

4. **ANALYSIS:** Here, the presentations "deal in significant part with an ongoing or announced policy, program or operation" of the Air Force. Further, the presenter's affiliation and/or rank will be included in the abstract, poster, and platform presentations, and the case study information was obtained as part of her military medical practice. Capt Bersabe included the required disclaimer that the views presented are those of the authors and do not necessarily represent the views of DoD or its Components. The disclaimer also must be included on the poster and given verbally or included on a slide during the platform presentation. A Public Affairs review will be needed if it has not already been obtained. There are no apparent conflicts of interest that would prohibit presentation of this research at this professional meeting.

<sup>1</sup> The submitted request Form 3039 lists the presentation date as May 20, 0216. The author most likely intended the year to be 2016. This is a clerical error and does not affect the legal sufficiency of the request.

5. CONCLUSION: The abstract presented for review included the disclaimer required by the JER. The disclaimer must be included on the poster and in the platform presentation. If you have any questions, please call Lt Heather Slawson at 671-5728.

  
HEATHER M. SLAWSON, 1Lt, USAF  
Assistant Staff Judge Advocate

I concur.

  
ARLENE R. CHRISTILLES  
Chief, Civil Law